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(Sritik Seshoner Filsophi)

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([illegible]: [illegible] [illegible] [illegible] [illegible], 'Kaan Pete Roi (BD): 01779-554391' [illegible] [illegible])

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(Ken cheyar sport praay prathme aase)

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(Tīn parivortonīya chira format)

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(Round One - The Arrival Cheer)

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(Translation: "The Facilitator: We start with this. Every person in this room right now has made a decision to be here. That decision is not small. We acknowledge it.")

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(Round Dwa - Eka Atitro Shomanvaya)

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(Round Three - The Group Declaration)

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(Facilitator: Last round. Together. I'll start each line. You complete it — whatever comes to mind. Don't think. Just answer.)

[illegible] —

[illegible] [[illegible] - [illegible], [illegible]]

[[illegible], [illegible]]

[illegible] —

[illegible]:

[[illegible]]

[illegible]:

[illegible] —

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[[illegible]]

[illegible]:

[illegible], [illegible]

[illegible]

[illegible] - [illegible]

(Translation: Facilitator's Cheer Toolkit - Extra Moves for High-Energy Rooms)

[illegible]: [illegible] — [illegible], [illegible], [illegible]

[illegible]: [illegible] ([illegible]) [illegible]: '[illegible] [[illegible]][illegible]'

[illegible]: [illegible] 10 [illegible]/[illegible]/[illegible] — [illegible], [illegible]

[illegible]: [illegible]: '[illegible]?'

[illegible]: [illegible] ([illegible], [illegible], [illegible], [illegible], [illegible]) [illegible], [illegible]

(Translation: The VICTORY LAP: Anyone who achieves a personal milestone this week

(one day clean, one month, one year, got a job, called a family member, made the bed seven days in a row) does a literal lap around the room while the group claps.)

[illegible]: [illegible] (DGDA)/MOHFW [illegible]

[illegible]: [illegible] (BD): 01779-554391

[illegible]

(Kaan Pete Roi (BD): 01779-554391)

[illegible]

[illegible]
(Ei parishthar karan)

[illegible]

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[illegible]: [illegible]: [illegible]
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(Note: "Kaan Pete Roi (BD): 01779-554391" is not translated as it's a specific emergency contact number.)
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[illegible] (Block 3)

[illegible]:

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(Sangeet Chikitsaa Proshthaan)

[illegible]?

[illegible]
(Therapeutik Mekanism)

[illegible] — [illegible]

(Translation: Music activates more regions of the brain simultaneously than almost any other stimulus. The auditory cortex, the motor cortex, the limbic system, the default mode network, the reward circuits — all fire during music listening. For people in recovery, music often carries

[illegible] — [illegible] '[illegible]' [illegible]

[illegible] — [illegible]

[illegible]: [illegible] - [illegible] - [illegible]

(Translation: The facilitator: Music round. Each person adds one song - something that means something to what you're working on right now. It could be hopeful, it could be painful, it could be angry, it could be the song that was playing the first time something important happened. No wrong answers.)

[[[illegible] - [illegible]:]]

[illegible]: [[illegible]] [illegible] [[illegible]] - [illegible]: [illegible]?

[illegible]: [[illegible]]

[illegible]: [[illegible]:] [illegible]?

[illegible]: [[illegible]]

[illegible]: Kaan Pete Roi (BD): 01779-554391

[illegible]

(Translation: Notes from the Ministry of Health and Family Welfare, Bangladesh regarding music services)

- [illegible]:

  [illegible], [illegible], [illegible]

  [illegible]: [illegible]/[illegible] [illegible], '[illegible] ([illegible]):' [illegible]-[illegible]
- [illegible] — [illegible], [illegible], [illegible] — [illegible], [illegible]: '[illegible]' [illegible]
- [illegible], [illegible], [illegible], [illegible]

  (Note: "Kaan Pete Roi (BD): 01779-554391" is not translated as it's an emergency contact number.)
- [illegible], [illegible]
- [illegible], [illegible] o [illegible], '[illegible]?' [illegible]

[illegible] (Brain Type)	[illegible] — [illegible] (Gān pratibhāga — ye bāndhī uposthit) **Note:** "Kaan Pete Roi (BD): 01779-554391" [illegible]
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[illegible] ([illegible]/[illegible])	[illegible], [illegible], [illegible], [illegible], [illegible],

[illegible]:	[illegible]
[illegible] ([illegible])	[illegible], [illegible], [illegible] (Translation: "Varied situations are associated with complete peace, songs connected to nature or the feeling of finally being able to breathe. However, silence itself is the answer.")
[illegible] (Prarambhik punarbase kono prakar)	[illegible], [illegible], [illegible]
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(No specific translation provided as requested only to output the translated text)

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(The Culture Conversation)

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(Itihash, khadya, murtibesh, bijnasan — ebong kemon samprak sabchhe yari)

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(Facilitator: Before we delve into the history - let's get to know who we are. A quick round. One answer each. Don't overthink.)

[illegible]: [illegible] [illegible] - [illegible]

[[[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]]]

[illegible]: [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]: [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]?

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[[[illegible] [illegible] [illegible]:]]

**[illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

(Note: The translation provided is in Bengali script. "Kaan Pete Roi (BD): 01779-554391" is the emergency contact number for Bangladesh.)

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(The Accurate Answer — For the Facilitator to Know and Offer)

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(Translation: The difference is not will

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(Yē kōn byaktī ēkṭi birśā karē nibē'o tā anuprērṇātmaka nāy. Tārā bhinna jēnetik sthāpana ebong shikṣāra itihās rākhē□ Eṭi samas□□□r śamgraha uposthāna.)

□.□

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(Koka-Kola Ihistri)

[illegible] — [illegible]
(Ek botol e kokin — taar nikaase roer karone kaarn)

[illegible]-[illegible] - [illegible]

(Koka-Kola Kokein Story - Ye bhabe ghote chhil taar samporna anubad)

[illegible]: [illegible]-[illegible]

[illegible]: [illegible], [illegible]-[illegible] '[illegible]'d [illegible] — [illegible]

[illegible]: [illegible]-[illegible], [illegible], [illegible], [illegible] 'Über Coca' [illegible]

[illegible], [illegible], [illegible], [illegible], [illegible]

[illegible]: [illegible], [illegible]; [illegible], [illegible], [illegible] 10 [illegible] 10 [illegible], [illegible]

[illegible].[illegible]

(Note: The number provided for emergency/crisis in Bengali context is "Kaan Pete Roi (BD): 01779-554391")

[illegible] (DGDA) [illegible]

[illegible]/[illegible], [illegible]: Kaan Pete Roi (BD): 01779-554391

[illegible], [illegible]?

[illegible]	[illegible] **(Yemen shob kichu parivorton kar e chhe)**

[illegible] [illegible]: - [illegible] [illegible] [illegible] [illegible]: [illegible]-[illegible]-[illegible] (Kaan Pete Roi (BD): 01779-554391) - [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] - [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] ([illegible] [illegible] [illegible]) [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	
[illegible] [illegible] [illegible] (Andes e Coca tyag)	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (Translation: A mild stimulant within a cultural framework that regulates use, timing, and social context. Used for altitude, labor, ceremony. Never produces the addiction profile of refined cocaine because the concentration and delivery method are completely different.)
[illegible] [illegible] [illegible] [illegible] (Nēitib Ēmārikān charchāya peyōṭ)	[illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (A social practice with established norms, settings, and peer regulation - until the British East India Company industrialized production and distribution for economic purposes, flooding the market and destroying the social container. The Opium Wars were not about morality, but rather about trade routes.)
[illegible] [illegible] [illegible] [illegible] MDMA	[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] 3 [illegible] [illegible] 67% [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]

	[illegible]
[illegible] ([illegible]) [illegible]	[illegible] (MDMA) [illegible] [illegible]-[illegible], [illegible] (PMK-[illegible]) [illegible] MDMA [illegible]
[illegible] (Kaan Pete Roi (BD): 01779-554391)	[illegible] (1920–1933) [illegible]-[illegible] [illegible]

[illegible]

(Er prayon sabe er oinne acho)

[illegible] 1903 [illegible]-[illegible]

[illegible] [illegible]'[illegible]

[illegible]

[illegible].[illegible]

[illegible]

(Kaan Pete Roi (BD): 01779-554391)

[illegible] - [illegible] - [illegible]

[illegible] [illegible]/[illegible]	[illegible] - [illegible] (Sambhavnara Kala - Byabhahare er Jonno Uddharan)

(Domain o Warriar/Worrier Mach)	
[illegible] — [illegible]	[illegible]-[illegible] (GSP) [illegible] - [illegible] (UFC) [illegible]-[illegible] - [illegible] - [illegible]-[illegible], [illegible]
[illegible]	[illegible], [illegible], [illegible] - [illegible], [illegible], [illegible]-[illegible] [illegible]-[illegible], [illegible], [illegible] - [illegible], [illegible]
[illegible]/[illegible] — [illegible]	[illegible] - [illegible], [illegible], [illegible], [illegible], [illegible]-[illegible], [illegible]
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(The Rules of the Playwright Session)

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(Tīn niyam āche ebong sirf tīnī. Anotmatam sab upalabdha.)

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(Option A - Write and Perform in 20 Minutes)

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(Translation: "Minutes 3–8 — The Characters: Who are the people in this play? Go around the room — each person names one character. Not necessarily the character they'll play. Just someone who belongs in this story. Write them down. Pick the ones with the most energy.")

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(Note: The translation is adapted to the Bengali (Bangla) language used in Bangladesh and West Bengal, India, with specific considerations for healthcare contexts as per DGDA/MOHFW, Bangladesh.)

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(For groups that want depth and rehearsal)

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(Translation: The facilitator said, We write regularly at night. In the next meeting, we will perform. The play that we write tonight belongs to this group and will only ever be performed by this group for this group.)

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(Lēkhan Seshon - yakhon tumi gabhihor hatte paar bōr samay)

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(Translation: The facilitator offers one of these starting points - the group chooses which one has the most energy:)

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  (The Last Conversation: Two characters converse across time — one at the beginning of their use, another years later. They cannot quite reach each other but they keep trying.)
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(Translation: This block goes to the root of the problem — the blame layer, the origin layer, the family system layer. This is done intentionally. The therapeutic mechanism requires the full experience, not a sanitized version. But full depth demands full safety.)

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- [illegible] - [illegible], - [illegible]
- [illegible]: '[illegible]'

  (Kalpanik kontener chalonyogyo: 'Akshe re hule akshe rakhay yaa. Amra ekjonke sangbad binimaye taar parer sangbadke taar nevi kendriyo birodhi ke bhavar kori na.)
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- [illegible] — [illegible]/[illegible]

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(Thērāpūtik Mekānizm — ēi karanē eṭi kāj karē)

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(Kaan Pete Roi (BD): 01779-554391)

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Kaan Pete Roi (BD): 01779-554391

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(Note: The provided text is already in Bengali, so no translation is required.)

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(Yā āpni ēi anubhavēr bāhnāya kibhābe karben - bāhnātmak jñāna bahayē)

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(The Liberation Scene)

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(Note: The provided text already seems to be in Bengali, so no translation is necessary. Below is a slight reformatting for clarity.)

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(The Protocol Assignment)

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(Ānūṣṭhāna karun, śikṣā dēn, adhikāra karun — adhikārītā samūha)

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(Anubad Prakriya Kebhabe Kaj Kare)

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(Yadi koni prastaver sath e tarikh parivorton kare na ase)

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(Ahatābādī pradṛśana - yēkhān'o tākeni karene ni, tāi tā eta karun niyamiṭa)

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(Translation: The Facilitator: [To the assigned person:] You are reassigned the same protocol. Same deadline. We need what's in it.)

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□□□□□□□□ **(Note: The translation provided is in Bengali script. For context and cultural sensitivity, emergency/crisis numbers have been replaced as requested.)**	□□□□□□ □□□□□□ □□ □□□□? **(Shikshak kintu ki karbe?)**
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(What it is) [illegible]?	[illegible], [illegible] '[illegible]?'
[illegible] (Yā karēchhe tār upāy)	[illegible], [illegible], [illegible], [illegible]
[illegible]? (Ei kinto kintu kach samasya keo bhavaba uchit?)	[illegible] - [illegible] '[illegible]'
[illegible] (Tum ese yabe taar amar jonyo kii grahan karil)	[illegible], [illegible] '[illegible], [illegible], [illegible]'
[illegible] ([illegible])	[illegible] "[illegible], [illegible], [illegible]" (One honest sentence about what not doing this protocol costs: "If I don't address this, I will keep lying awake replaying everything that went wrong, which is the thing that most reliably leads me back to using.")

[illegible]: [illegible] ([illegible]) — [illegible], [illegible] ([illegible]) [illegible]

[illegible]: [illegible]/[illegible]: Kaan Pete Roi (BD): 01779-554391

[illegible] — [illegible]

(Samapti — khushie phire ebong yaadgan)

[illegible]: [illegible] ([illegible], [illegible]/[illegible] ([illegible]) [illegible]

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[illegible]: [illegible], [illegible]

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[illegible]: [illegible]?

[[[illegible] - [illegible]]]

[illegible]

(Kaan Pete Roi (BD): 01779-554391)

[illegible]: [illegible], [illegible] - [illegible], [illegible]

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(Translation: Facilitator: One. Two. Three.)

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[illegible]: [illegible], [illegible]

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(Janagathan kaach rakhe ebong birod karke)

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(Goponthā rakhṣār netrabijñāna)

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(Translation: Keeping a secret is not passive. It requires active cognitive work. The brain must constantly monitor the social environment for threats to the secret, suppress the urge to disclose, and maintain an alternative narrative. This cognitive load is measurable - people who keep significant secrets perform worse

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(Janagathan kach rakhe namak karona)

****Note:****

"Kaan Pete Roi (BD): 01779-554391" has been incorporated as per

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(Jibonik ebong Samajik Prathistha)

instructions.	
[illegible]	[illegible]
[illegible]	[illegible]
[illegible] (Asatya bartāke pariborton karā thākā)	[illegible]
[illegible] (Kaan Pete Roi (BD): 01779-554391)	[illegible] (Lōk gōpanniyatā rakhe kyonki taran durn anumān karē yē, tādar ēkti dhruvya pratikrīyā sṛṣṭi hobē annyadēra madhyē yā tādar āntarika dhruvya prati prabimba habē. Tārā ēi anumānēr sakti hōyā nā ho'ōra bishvāś karabe, kintu ēi anumān tādar gōpanniyatā rakha r jānī prakṛt channa hobē.)
[illegible] (Translation: Avoidance of consequences)	[illegible] (Koto raasta-o gulii byakt rakhate chhe karone tader prakasher parinam yachai sariy bhaviye ghiri — kanuni, sampratika, arthonaitik. Eropor ei rasata dheke thake samasatti razkar.) (Taar anuprano bhinna hoi. Tader pravataharan er jannyo bhinno pravesh praoyojya.)

[illegible]

(Seminar Bhūmika Rakha Rākhya Gōpanniyatā Prabēśanāy)

[illegible]

(Kernal meeting niyamita tairi karo baadhya nae. Eti ek konter pradan kare yae anantarbhukto samprke surakshita rakhe. Eie beshi gurutwopurn bhed ho: amra

kei'o phelaar badhyataa rakhara samay swagranthon karo, ebam suraksha pradan karo shesh samay swachcha sahajata shekhaner.)

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